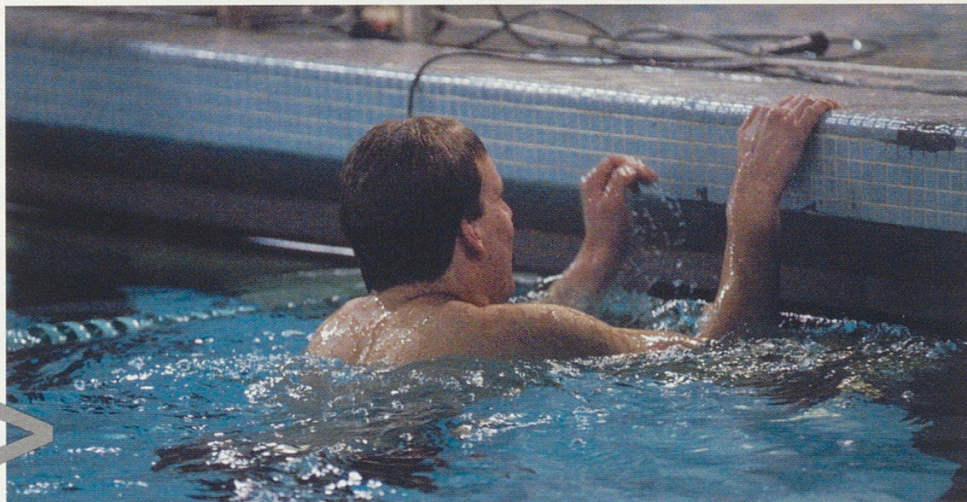


CONCENTRATION. Mike Pennerman, 10, focused before leaving the board. Even with countless hours of practice, the wrong frame of mind can be detrimental to a diver in a meet. One diver performs at a time guaranteeing concentration and safety in the water.



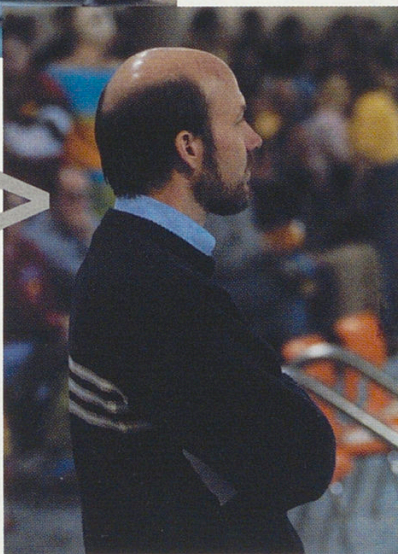
WHAT'S MY SCORE?

Former swimmer **Mark Schrock, 12**, got out of the pool anxiously awaiting his score. This was Schrock's first year on the team, and he dramatically improved from the beginning of the season to the end. With any sport it is sometimes difficult to join your senior year. Because of Schrock's good attitude and extra effort, he was able to make the transition.



TUCK POSITION. Brian Ruff, 9, tucked his body in order to achieve his desired score. The diver's form mattered from the second they left the board until they hit the water. Straight legs, pointed toes, and good form significantly impacted the judges' decisions. Each dive had a specific difficulty level determined before the start of the meet.

WISDOM. Coach **Jack Phipps** closely watched the team's dives during the meet. Coach Phipps has had a long history with the diving program, acting as head coach for the past twenty years. Phipps was even a member of the school's team for four years while in high school. Phipps was always there supporting his team in the early morning and late evening hours.



THE PERFECT BOUNCE AND HEIGHT.

Stevi DiaMasso, 10, found the correct height in order to complete her dive. Each diver adjusted the board for safety and to achieve the best momentum for their dive. The board's bounce effected the height and distance of the dive.

